

2024

AIMS Games

Gymnastics

Handbook



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Local gymnastics clubs may be able to provide schools with assistance to prepare for AIMS Games. The contacts for Gymnastics NZ member clubs can be found on the [Gymnastics NZ website](#).

References to technical handbooks are for the most current handbook. Gymnastics NZ handbooks are available to affiliated clubs on the Gymnastics NZ Club Portal.

Introduction

The Gymnastics Competition for 2024 includes all the following gymnastics codes.

- Women's Artistic Gymnastics
- Men's Artistic Gymnastics
- Trampoline (including Double Mini Trampoline)
- Tumbling
- Rhythmic Gymnastics
- Aerobics Gymnastics (Individual)
- Performance Group Aerobics

Participants may enter as many codes as they like, and we wholeheartedly encourage students to enter all 5 codes, there is no extra cost. Remember, if you have never participated in any code, you can enter in the flyer or twister divisions. Videos are online so you can see what is required and practice at school or at home. Also, check out your local clubs. Many of them run pop up classes prior to AIMS games, so you can get your routines right and have a fun time practicing.

General requirements

- The competition technical requirements are included in this publication.
- All gymnasts are required to compete in uniform. Except for one small stud earring in each ear, no jewellery may be worn. Long hair must be securely tied up to ensure it does not create a safety hazard.
- No spectator parents are to be on the floor with gymnasts. Team managers/coaches may be on the floor.
- Athletes may compete up division if they so choose. However, it is the school's responsibility to make sure that the gymnast is fit and able to perform the skills within the division that they enter.

Acceptable Clothing

- All participants are required to wear attire that is suitable for the gymnastic sport and grade they are competing in. This includes singlets/bike shorts/tights. Leotards are not compulsory; however loose-fitting clothing should not be worn, if you have further questions, please refer to the code handbooks.
- School PE uniform is acceptable.
- Long or shorts tights may be worn over leotards.
- No jewellery may be worn.
- Long hair should be securely tied up to ensure it does not create a safety hazard.
- Body oils and loose glitter are prohibited.
- Make-up in individual competition should be minimal.
- Dirty or damaged attire is not acceptable.
- Shoelaces must be properly tied, and shoes must be clean.
- Aerobic gymnasts are required to wear athletic shoes but are not required to wear white shoes as required in competitive aerobics.
- Trampoline and double mini trampoline athletes are required to wear socks, preferably white when on the trampoline or double mini trampoline.
- Groups - each member of the team is required to wear clothing that identify them as a group i.e., the same uniform, or colour.

Music

- Please email music to manager@argosgymnsport.co.nz
- All Music to be labelled with full name/division in Mp3 or wav format

e.g., JaneSmith_STEP6.mp3

Women's Artistic Gymnastics

- Flyers – no music
- Twisters – no music
- Open Novice - music is optional, please advise if you are not using music. Gymnasts can compete to the music of their choice with no lyrics and not exceeding 90 secs for floor
- STEPs 3-4 – no need to supply music, gymnasts will compete to the compulsory Gymnastics NZ STEPs Music
- STEPs 5+ – music is compulsory as per the Gymnastics NZ WAG Programme

Rhythmic Gymnastics

- Flyers – no music
- Twisters – no music
- Open Novice - music is optional, please advise if you are not using music
- Open Junior & Open Senior – music is compulsory as per the Gymnastics NZ Rhythmic Programme

Aerobics

- Flyers – “Good Time”
- Twisters – “Beautiful”
- Open Novice - “On the Floor”
- Open Junior & Senior – music is compulsory as per the Gymnastics NZ Aerobics Programmes

Aerobics Group Performance

Music is at the school’s discretion. It can be with or without vocals but must be suitable for public listening. The cut of music can be one or more pieces, may be mixed and can include original cuts, but must seem to be one seamless piece of music. Original music and sound effects are allowed.

Prize-giving

Men's and Women's Artistic Gymnastics

- Medals awarded to top 3 overall placings and certificates given for 4-6th overall placing
- Medals awarded for top 3 placings in apparatus

*Please note that apparatus medals will only be awarded if there are more than 6 participants in each STEP/Level

Trampoline & Double Mini Tramp

Medals awarded for top 3 overall placings and certificates given for 4-6th overall placing on trampoline AND double mini trampoline

Tumbling

Medals awarded for top 3 overall placings and certificates given for 4-6th overall placing

Rhythmic Gymnastics

- Medals awarded for top 3 overall placings and certificates given for 4-6th overall placing
- Medals will be awarded for top 3 placings in apparatus

*Please note that apparatus medals will only be awarded if there are more than 6 participants in each apparatus event

Aerobics

- Medals awarded for top 3 overall placings and certificates given for 4-6th overall placing
- Aerobics Group Performance - medals awarded for top 3 groups only

Summary of Divisions

| Code | Division | Pre-requisites | Categories |
|--|-------------|--|---------------------------------------|
| Men's Artistic Gymnastics (MAG) | Flyers | Novice only | Individual Male |
| | Twisters | Advanced Novice and GfA Levels 1-3 | Individual Male |
| | Open Novice | GfA Level 4 - 6 or MAG Level 1 and GNZ Competitive Gymnasts inclusive | Individual Male |
| | MAG Open | MAG Level 2 - 9 | Individual Male |
| Women's Artistic Gymnastics (WAG) | Flyers | Novice only | Individual Female |
| | Twisters | Advanced Novice and GfA Levels 1-3 | Individual Female |
| | Open Novice | GfA Level 4 - 6 or WAG STEP 1 & 2 and GNZ Competitive Gymnasts inclusive | Individual Female |
| | WAG Open | WAG STEP 3 - 10 | Individual Female |
| Rhythmic Gymnastics (RG) | Flyers | Novice only | Individual Female, Individual Male |
| | Twisters | Advanced Novice and GfA Level 1 - 3 | Individual Female, Individual Male |
| | Open Novice | GfA Level 4 & 5 or GNZ Level 1 & 2 and GNZ Competitive Gymnasts inclusive | Individual Female, Individual Male |
| | Open Junior | GNZ Level 3 & 4 | Individual Female, Individual Male |
| | Open Senior | GNZ Level 5 - 8+, Stages 2-4 & Junior International | Individual Female, Individual Male |
| Trampoline & Double- Mini Trampoline (TRA/DMT) Note: - Open Junior and Senior can choose TRA and/or DMT | Flyers | Novice only | Individual Female, Individual Male |
| | Twisters | Advanced Novice and GfA Level 1-3 | Individual Female, Individual Male |
| | Open Novice | GfA Level 4 - 5 or GNZ National Division (9-10 Years) and GNZ Competitive Gymnasts inclusive | Individual Female, Individual Male |
| | Open Junior | GfA Level 6 - 10 and GNZ National Division (11-12 & 13-14 Years) | Individual Female, Individual Male |
| | Open Senior | GNZ Sub Junior International Division (13-14 Years) | Individual Female, Individual Male |
| Tumbling (TUM) | Flyers | Novice only | Individual Female, Individual Male |
| | Twisters | Advanced Novice and GfA Levels 1 - 4 | Individual Female, Individual Male |
| | Open Novice | GfA Levels 5 or GNZ National Division (9-10 Years) and GNZ Competitive Gymnasts inclusive | Individual Female, Individual Male |

| | | | |
|----------------------------|-------------|--|--|
| | Open Junior | GfA Levels 6 - 10 or GNZ National Division (11-12 & 13-14 Years) | Individual Female, Individual Male |
| | Open Senior | GNZ Sub Junior International Division (13-14 Years) | Individual Female, Individual Male |
| Aerobic Gymnastics (AER) | Flyers | Novice only or Aero Schools Level 3 | Individual Female, Individual Male |
| | Twisters | Advanced Novice or Aero Schools Level 4 | Individual Female, Individual Male |
| | Open Novice | Aero Schools Level 5 and GNZ Competitive Gymnasts inclusive | Individual Female, Individual Male |
| | Open Junior | GNZ National Programme Level 6 - 7 | Individual Female, Individual Male |
| | Open Senior | GNZ National Programme Level 8 | Individual Female, Individual Male |
| Aerobics Group Performance | Open | Open to anyone and any level. Groups between 5-12 participants. | Mixed, all male or all females compete in one division |

Summary of division notes

- Schools can find flyers & twisters routines and requirements outlined in this handbook with links to supporting YouTube clips.
- Gym for All (GfA) are those gymnasts participating in recreational after school gymnastics classes at their local gymnastics club.
- Gymnastics NZ GfA and Gymnastics NZ competitive routine requirements not detailed in this handbook can be accessed via gymnasts' clubs or their affiliated GNZ coach, via the relevant GNZ Technical Handbook which is located on the GNZ member only page (Club Portal).
- Competitive gymnasts who wish to compete in another gymnastics code should be entered in that code's Open Novice Division or above.
- A retired gymnast is someone who has not competed in a competitive event in the year of AIMS Games. A retired athlete may compete one level down from where they last competed.
- Please consult your local gymnastics club if you are unsure of what division you should be entering.

Artistic Gymnastics

Flyers

Division Requirements

Complete novice - suitable for those who have very little or no gymnastics experience.

Routines

Girls & boys artistic perform - Floor, Vault, Beam

Routines can be viewed on YouTube - [Artistic Gymnastics School Festival Routines](#)

Flyers | Girl's & Boys Artistic | Floor



| Skill 1 | Skill 2 | Skill 3 |
|--------------------------------|---|--|
| From Stand execute a cartwheel | Backward roll to straddle stand (hold 2 sec.) | Place hands on the floor and jump feet to front support, take one hand off and roll over to rear support |



| Skill 4 | Skill 5 | Skill 6 |
|--|---|--|
| Sit, then stretch arms overhead and down to feet (hold 2 sec.) | Rock backwards to shoulder stand, rock forwards to squat and immediate straight jump to land. | Show momentary handstand, step down to finish. |

Flyers | Girl's & Boys Artistic | Vault



Run, hurdle 2 feet take off to a straight jump onto a 60cm mat. Arms stretched above head in flight and parallel to floor on landing.

Flyers | Girl's & Boys Artistic | Beam



| Skill 1 | Skill 2 | Skill 3 | Skill 4 |
|---|-----------------------------|---|---|
| Squat Mount, with two legs or one leg, ¼ turn to stand stretched. | Scale balance (hold 2 sec.) | Step, cat leap, swinging arms forward and up. | Pivot ½ turn on two feet, on high toes. |



| Skill 5 | Skill 6 | Skill 7 | Skill 8 |
|------------------------|--|--------------------------|---|
| Pose (hold for 2 sec.) | Perform grapevine step (side, behind, side, in front). | Perform 2 stretch jumps. | Walk to the end of the beam and jump ½ turn dismount. |

Twisters

Division Requirements

Advanced novice - suitable for an advanced school-based programme or participants that attend a recreational programme (1-3 hours per week).

Routines

Girls & boys artistic perform - Floor, Vault, Beam

Routines can be viewed on YouTube - [Artistic Gymnastics School Festival Routines](#)

Twisters | Girls & Boys Artistic | Floor



| Skill 1 | Skill 2 | Skill 3 | Skill 4 |
|--|-------------------------|----------------------|---|
| From Stand, cartwheel with a 90° inward turn to stand with feet together | Backward roll to squat. | Jump ½ turn to land. | Step onto one leg, move through lunge position to scale balance (hold 2 sec.) |



| Skill 5 | Skill 6 | Skill 7 |
|---|--|--|
| Roll forward to Pike sit and immediately lower to stretch position. | Roll backwards to shoulder stand, then rock forwards to squat and immediate jump ½ turn. | Lifting arms and one leg, kick to momentary handstand, forward roll to squat, immediate straight jump to land. |

Twisters | Girls & Boys Artistic | Vault



Run, hurdle 2 feet take off to dive roll down sloping soft mat.

Twisters | Girls & Boys Artistic | Beam



| Skill 1 | Skill 2 | Skill 3 | Skill 4 |
|---|-----------------------------|---|---|
| Mount beam with scissor kick to squat position, then stand tall OR Scissor kick over beam to sit on beam with legs hanging. Climb up to squat. The change from sit to squat will not be judged. | Scale balance (hold 2 sec.) | Step, cat leap, swinging arms forward and up. | Pivot ½ turn on two feet, on high toes. |



| Skill 5 | Skill 6 | Skill 7 | Skill 8 |
|------------------------|--|--------------------------|--|
| Pose (hold for 2 sec.) | Perform grapevine step (side, behind, side, in front). | Perform 2 stretch jumps. | Round off dismount, off the end of the beam. |

Open Novice

Division Requirements

GfA Level 4 - 6 or MAG Level 1 and Gymnastics NZ Competitive Gymnasts inclusive.

Also suitable for participants who:

- competitive rhythmic, aerobics, trampoline, tumbling, parkour
- acrobatic dance or cheerleading

Routines

Boys perform on Floor, Vault, Parallel Bar, High Bar/Uneven Bar

Girls perform on Floor, Vault, Beam, High Bar/Uneven Bar

Refer to the current technical handbook through your Gymnastics NZ club for routines requirements.

Women's Artistic Gymnastics Open

Division Requirements

- Participants must be competing in the NZ Women's Artistic Gymnastics (WAG) STEPs Programme at STEPs 3 - 10 and Junior International.
- Gymnasts must register in their 2024 competition STEP
- See page 4 for retired gymnasts' requirements
- Coaches may be on the floor with gymnasts
- Judging as per Gymnastics NZ Competitive Judging

Routines

Perform Floor, Vault, Bar, Beam

Refer to the current technical handbook through your Gymnastics NZ club for routines requirements.

Men's Artistic Gymnastics Open

Division Requirements

- Participants must be competing in the NZ Men's Artistic Gymnastics (MAG) Levels Programme at Levels 2 - 9 and Junior International.
- Gymnasts must register in their 2024 competition level
- See page 4 for retired gymnasts' requirements.
- Coaches may be on the floor with gymnasts
- Judging as per Gymnastics NZ Competitive Judging

Routines

Perform Floor, Vault, Pommel, Parallel Bar, High Bar, Rings

Refer to the current technical handbook through your Gymnastics NZ club for routines requirements.

Rhythmic Gymnastics

Flyers

Division Requirements






Complete novice - suitable for those who have very little or no rhythmic gymnastics experience.

Routines









Perform two apparatus: Ribbon, Ball or Hoop

Routines can be viewed on YouTube - [Rhythmic School Festival Routines](#)

Flyers | Rhythmic | Ribbon

| | | |
|---|---|---|
| 1 | | Four skips forward with large circles beside the body, rainbow the ribbon up and behind the head. |
| 2 |  | Passé balance with snakes travelling down to the floor. |
| 3 |  | Swing the ribbon side to side in lunge positions. |
| 4 |  | Run backwards snaking ribbon on the floor in front of the body. |
| 5 | | Scissor leap forward while swinging ribbon backwards in a large circle. |
| 6 | | Lift up on to both toes, turning in a circle with spirals. |
| 7 |  | Perform four figure 8 circles next to the body. |
| 8 |  | Swing the ribbon overhead, then drop and trap the ribbon stick with a foot. |

Flyers | Rhythmic | Ball

| | | |
|---|---|--|
| 1 |  | Bounce the ball four times, from side to side, in lunge positions. |
| 2 |  | 4 skips forward, rotating the ball over the hands |
| 3 |  | Throw and catch the ball in one hand. |
| 4 |  | Hold a front balance (passe) with bent knee or straight leg facing forward, bounce the ball and catch. |
| 5 |  | Walk up on toes, rolling the ball up and down on both arms. |
| 6 |  | Roll the ball from side to side four times, in lunge positions. |
| 7 |  | Bounce the ball and perform a scissor leap. |
| 8 |  | Roll forward with the ball held between the stomach and thighs. Finish. |

Flyers | Rhythmic | Hoop

| | |
|---|--|
| 1 | Swing hoop down beside body, swing hoop up to perform small throw and catch |
| 2 | 4 forwards skips, passing hoop over the head |
| 3 | Passe balance, rotate hoop around the waist |
| 4 | Holding hoop around waist, release one hand so hoop swings down and skip out |
| 5 | Roll hoop forward and scissor leap over the hoop |
| 6 | Roll hoop across behind body with lunge position, repeat other |
| 7 | Up on toes, flip toss of hoop, catch and immediately jump through |
| 8 | Rotate hoop on hand. Finish. |

Twisters

Division Requirements








Advanced Novice and GfA Level 1 – 3

Routines

Perform two apparatus: Ribbon, Ball or Hoop

Routines can be viewed on YouTube - [Rhythmic School Festival Routines](#)

Twisters | Rhythmic | Ribbon

| | | |
|---|---|---|
| 1 |  | Horizontal Balance (2 sec) with large circles in front of the body |
| 2 |  | Perform figure 8 while lunging from side to side. |
| 3 |  | Turn while passing the ribbon behind back. |
| 4 |  | Small toss of the ribbon while stretched on toes. |
| 5 |  | Spirals of the ribbon while walking backwards on toes |
| 6 |  | Chassé to a stride leap, circling the ribbon up and backwards |
| 7 |  | Perform large circles of the ribbon in front of the body, run through the circles. |
| 8 | | Catch the end of the ribbon in the hand throw the stick as far away from you as possible. |

Twisters | Rhythmic | Ball

| | |
|---|---|
| 1 | Standing with feet apart roll the ball from behind your head, down your back to catch. |
| 2 | Stand with legs apart, ball held behind back. Bounce ball through the legs to catch in front. |
| 3 | 4 forwards skips passing ball, overhead, from hand to hand, with straight arms. |
| 4 | Horizontal balance, with rolling the ball over the hands. |
| 5 | Lift heels to balance on toes then half turn while on toes, and passing ball around waist |
| 6 | Chasse stride leap with a bounce |
| 7 | Put ball between feet, forward roll with ball held between feet |
| 8 | Lie back with legs in air, open legs and catch ball with two hands |
| 9 | Sitting, small throw and trap ball in legs. Finish |

Twisters | Rhythmic | Hoop

| | |
|---|--|
| 1 | Swing hoop down beside body, swing hoop up to perform small throw. |
| 2 | 4 backwards skips, rotate hoop on the waist |
| 3 | Catch the rotating hoop with one hand, let one side of the hoop drop down over the body to the floor and jump out. |
| 4 | Horizontal balance with pass of hoop above head |
| 5 | Place hoop against tummy. Roll hoop over the shoulder and down the back |
| 6 | Rotate hoop on the hand, chasse stride leap |
| 7 | "Boomerang" roll of the hoop |
| 8 | Sitting, small flat throw of hoop, "splat" trap with the legs |
| 9 | Backwards roll through the hoop to finish on knees |

Open Novice

Division requirements

GfA Level 4 & 5 or Gymnastics NZ Level 1 & 2 and Gymnastics NZ Competitive Gymnasts inclusive.

Also suitable for participants who:

- train higher level recreational gymnastics at GfA Level 4+ (Excel/Squad)
- competitive aerobics, artistic, parkour, trampoline, tumbling
- acrobatic dance or cheerleading

Routines

Perform two apparatus: Ribbon, Ball or Hoop

Refer to the current technical handbook through your Gymnastics NZ club for routines requirements.

Open Junior

Division requirements

Gymnastics NZ Rhythmic Levels 3 & 4

Routines

Perform two apparatus: Ribbon, Ball or Hoop

Refer to the current technical handbook through your Gymnastics NZ club for routines requirements.

Open Senior

Division requirements

Gymnastics NZ Level 5 - 8+, Stages 2-4 & Junior International.

Routines

Perform two apparatus: Clubs, Rope, Ribbon, Ball or Hoop

Refer to the current technical handbook through your Gymnastics NZ club for routines requirements.

Trampoline & Double Mini Tramp

Flyers

Division Requirements

Complete novice - suitable for those who have very little or no trampoline experience.

Routines

| | | | | |
|--------------------------|----------------|---------------|-------------|-----------|
| Trampoline (One routine) | | | | |
| Skill 1 | Skill 2 | Skill 3 | Skill 4 | Skill 5 |
| ½ turn to seat drop | ½ turn to feet | Straddle jump | ½ turn jump | Pike Jump |

| | |
|--|-----------|
| Mini Trampoline (Perform each jump once) | |
| Jump 1 | Jump 2 |
| ½ turn Jump | Pike Jump |

Twisters

Division Requirements

Advanced Novice and GfA Level 1-3

Suitable for an advanced school-based programme or participants that attend a low-level recreational programme.

Routines

| | | | | | | |
|--------------------------|----------------|---------------|-------------|-----------|------------|---------|
| Trampoline (One routine) | | | | | | |
| Skill 1 | Skill 2 | Skill 3 | Skill 4 | Skill 5 | Skill 6 | Skill 7 |
| ½ turn to seat drop | ½ turn to feet | Straddle jump | ½ turn jump | Pike Jump | Front drop | To feet |

| | |
|--|----------------|
| Mini Trampoline (Perform each jump once) | |
| Jump 1 | Jump 2 |
| Straddle Jump | Full turn jump |

Open Novice

Division Requirements

GfA Level 4 - 5 or Gymnastics NZ National Division (9-10 Years) and Gymnastics NZ Competitive Gymnasts inclusive.

Also suitable for participants who:

- train higher level recreational gymnastics in GfA Level 4+ (Excel/Squad)
- competitive rhythmic, aerobics, artistic, tumbling, parkour
- acrobatic dance or cheerleading

Routines

Perform trampoline routine once

| | Routine |
|----|-------------------------------------|
| 1 | Half turn to seat drop |
| 2 | Half twist to feet (from seat drop) |
| 3 | Straddle Jump |
| 4 | Half Twist Jump |
| 5 | Pike Jump |
| 6 | Front Drop |
| 7 | To feet (from front drop) |
| 8 | Tuck Jump |
| 9 | Back Drop |
| 10 | To feet (from back drop) |

Perform each double mini trampoline pass once

- Pass 1: Tuck Jump, Full Turn Jump
- Pass 2: Straddle Jump, Half Turn Jump

Open Junior

Division Requirements

GfA Level 6 - 10 and Gymnastics NZ National Division (11-12 & 13-14 Years).

Routines

Choose trampoline and/or double mini trampoline (medals awarded separately)

Perform trampoline routine twice

| | Routine |
|----|------------------------------------|
| 1 | Back somersault (Tucked) |
| 2 | Straddle Jump |
| 3 | Front Drop |
| 4 | To feet (from front drop) |
| 5 | Tuck Jump |
| 6 | Back Drop |
| 7 | Half turn to feet (from back drop) |
| 8 | Pike Jump |
| 9 | Half Turn jump |
| 10 | Front Somersault (Tucked) |

Perform each double mini trampoline pass twice

- Pass 1: Tuck Jump, Front Somersault Tuck
- Pass 2: Tuck Jump, Barani Tuck

Open Senior

Division Requirements

Gymnastics NZ Sub Junior International Division (13-14 Years).

Routines

Choose trampoline and/or double mini trampoline (medals awarded separately)

Perform trampoline routine twice

Refer to the current technical handbook through your Gymnastics NZ club for routines requirements.

Perform each double mini trampoline pass twice

- Pass 1: Tuck Jump, Barani Straight
- Pass 2: ½ Turn Jump, Back Somersault Tuck

Tumbling

Flyers

Division Requirements

Complete novice - suitable for those who have very little or no tumbling experience.

Routines

Perform 2 compulsory 5 skill passes as follows

| 1 st Pass | 2 nd Pass |
|----------------------|----------------------|
| Cartwheel | Cartwheel |
| Chasse | Cartwheel |
| Cartwheel | Cartwheel |
| Chasse* | Round off |
| Cartwheel step in | Stretch jump to land |

*Chasse facing side on

Twisters

Division Requirements

Advanced novice and GfA Level 1 - 4

Routines

Perform 2 compulsory 5 skill passes as follows

| 1 st Pass | 2 nd Pass |
|-------------------------|-----------------------|
| Round off | From a run, Dive roll |
| Jump ½ turn to step out | Stretch jump step out |
| Cartwheel | Cartwheel |
| Round off | Round off |
| Stretch jump to land | Jump ½ turn |

Open Novice

Division Requirements

GfA Levels 5 or Gymnastics NZ National Division (9-10 Years) and Gymnastics NZ Competitive Gymnasts inclusive.

Also suitable for participants who:

- train higher level recreational gymnastics at GfA Level 4+ (Excel/Squad)
- competitive rhythmic, aerobics, artistic, parkour, trampoline
- acrobatic dance or cheerleading

Routines

Perform two voluntary 5 skill passes as follows

| 1 st Pass | 2 nd Pass |
|--|--|
| Voluntary 5 skill pass (maximum DD 0.5) Maximum of 0.1 DD (Difficulty) per one skill <ul style="list-style-type: none"> • Only round-off, front handspring and back handspring allowed • No somersaults allowed | Voluntary 5 skill pass (Maximum 0.9 DD) <ul style="list-style-type: none"> • Maximum of 0.6 DD (Difficulty) per one skill i.e., no skill with a DD higher than 0.6 allowed. • Only one summersault allowed • No skills higher than a straight back or a tuck front i.e., no twisting elements |
| Pass 1 Example: DD 0.2 Front handspring (0.1), Cartwheel (0), Cartwheel (0), Round off (0.1), Straight rebound (0) | Pass 2 examples: DD 0.8 Front handspring (0.1), Cartwheel (0), Round off (0.1), Back handspring (0.1), Back tuck (0.5) |

Difficulties (DD) Tumbling Table

| Element | Difficulty (DD) |
|---|-----------------|
| Straight Jump, Jump half Turn, Cartwheel, Dive Roll | 0 |
| Round-off | 0.1 |
| Back Handspring | 0.1 |
| Front Handspring | 0.1 |
| Whip Back (Tempo Salto) | 0.2 |
| Back Somersault (tuck) | 0.5 |
| Back Somersault (layout) | 0.6 |
| Front Somersault (tuck) | 0.6 |

Note: Tumbling is the connection of acrobatic skills showing control, consistency, and a fast-flowing pace. The routine should not have interruptions including intermediate steps, substantial stops or falls.

Open Junior

Division Requirements

GfA Levels 6 - 10 or Gymnastics NZ National Division (11-12 & 13-14 Years).

Routines

- One compulsory 5 skill passes (min. difficulty 1.0) and
- one voluntary 5 skill passes (min. difficulty 1.0)

Refer to the current NZ Trampoline Gymnastics Technical Handbook (through your Gymnastics NZ club) for routines requirements.

Open Senior

Division Requirements

Gymnastics NZ Sub Junior International Division (13-14 Years).

Routines

- Two voluntary 5 skill passes (min. difficulty 2.6 combined total)

Refer to the current NZ Trampoline Gymnastics Technical Handbook (through your Gymnastics NZ club) for routines requirements.

Aerobic Gymnastics

Flyers

Division Requirements

Complete novice - suitable for those who have very little or no aerobics experience.

Routines

Aero Schools Level 3 resource is available through the Gymnastics Australia Shop

OR the routine below which can be viewed on YouTube - [Aerobics School Festival Routines](#)

Routines are performed on a 7x7m mat.

Please note the routine should be performed using the whole 7m x 7m square with the gymnast moving forwards, backwards and sideways as well as in straight lines, circles, and diagonals. The gymnast may move in whatever directions they choose for the below choreography however, the four compulsory push-ups and four compulsory leg kicks must be performed side on to the judges and the four compulsory jacks must be performed facing the judges and are to be stationary.

Bold: difficulty elements

| Flyers performed to "Good Time" | | |
|---------------------------------|--|--|
| Counts | Legs and direction | Arms and other notes |
| 1-8 | Optional choreography to suit routine or hold the start pose for 8 counts | This may be aerobic steps or transitions only - no skills are permitted. The only acrobatic skill allowed is a cartwheel. |
| 1-8 | 2 x Step knee raise, step together | 2 x One arm reaches up to diagonal (to the side of your body) in star and comes back to fist at shoulder. The other arm on hip in fist. |
| 1-2 3-4 5-8 | Squat Bring one leg behind to lunge to the side Side roll to splits | Hands on knees Circle one arm, the other arm in low diagonal. Hands in blades (blade hands are when the hands are straight, and fingers are together) |
| 1-8 | Splits (or half splits) | Hold in splits |
| 1-4 5-6 | Bring legs together into support position (bring legs together for L (pike) or apart for straddle) L (pike) or straddle press | Push up on the hands and hold the L or Straddle position |
| 1-4 5-6 7-8 | L (pike) or straddle press (heels on or off) Roll to push up Lunge to stand up | Hold for 2 seconds. Heels remain on the floor. One arm bent and placed next to face. Hand in star, palm forward (fingers are splayed open) |
| 1-8 | 2x Mambo chasse (cross one foot in front of the other, return to normal standing position then side gallop, repeat the same process on the other side) | 2x One arm on hip in fist or behind back in star with other hand crossed over chest with Latin hands, then both arms come to a low diagonal with hands in stars and 'shimmy' |
| 1-2 3-4 5-6 7-8 | Step together Straight jump Jumping jack 2x hip swivels with feet together | Hands on hips Hands clasped together and bring them beside head on first hip twist then swap sides for second hip twist |
| 1-8 | 8x jogs | 2x single arm reach up in fist, 2x double arm reach up in fists |
| 1-4 5-6 7-8 | Scissor kick Slide Jump feet together | Arms reach in front of body. Hands in Latin. Hand on hips in fists |
| 1-8 | COMPULSORY JUMPING JACKS X 4 | Hands on hips in fists |
| 1-8 | Knee lifts x4 | 2x hands under knee, 2x double arm reach up in fists |
| 1-8 | Side flick kicks x4 | 4x hands in stars at chest and then hands out to side in star |
| 1-8 | Flick kicks x4 | 4x hands by side and then reach hands forward in fists to horizontal in front of body |
| 1-2 3-4 5-6 7-8 | Preparation for pivot ½ or 1/1 turn pivot Step together Jumping jack | Arms reach out in front with hands in blades, bring back in front of face with hands in stars Fists on hips |
| 1-2 3-4 5-8 | Jump knees to chest Land on one leg and slide other leg behind to floor Bring legs together and roll over to push up position | |

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| 1-16 | COMPULSORY PUSH UPS X 4 (can be performed full or on knees) | |
| 1-4 5-6 7-8 | Roll over to push up position Jump feet out to the sides and back together in push up position In push up position kick one foot to bottom | Heel to touch bottom |
| 1-4 5-8 | Push up Lunge to stand up | One arm straight along body. Hand in blade. |
| 1-4 5-8 | Grapevine then a knee raise 4x high knees | Arms bent into chest, reach up, out to the side and down in blades Same arm as leg by side, other arm bent with hand in front of shoulder in fist. Swap on each knee (can also be same arm as bent leg) |
| 1-4 5-8 | Easy walk (choice of steps or jogs on counts 3,4) Jumping jack, fly (to side with one leg out) | 2 x single arm diagonal reach up, bring both arms into chest, arms reach down by side. Hands in stars. Arms reach in front to horizontal then one arm comes to stomach and other reaches to out to the side up to ear in star, finishing with arm at the side |
| 1-2 3-4 5-6 7-8 | Step together Tuck jump Jumping jack 2x hip swivels with feet together | Hands on hips Hands clasped together and bring them next to shoulder on first hip twist then swap sides on second hip twist |
| 1-4 5-6 7-8 | 4x Jogs Jumping jack Jumping jack | Arms reach up and down in stars One arm bent with hand at shoulder and elbow to side and other arm straight out to side at horizontal, then swap. Hands in fist. Arms in low diagonal |
| 1-8 | COMPULSORY HIGH LEG KICKS X 4 | Arms to the side of body and hands in blades Minimum level of kicks heel of foot to hip height. |
| 1-4 5-8 | Grape vine 4x hip swivels | Arms bent to chest, reach up, out to the side and down in blades Arms stretch up to one side and then swap, repeat with arms stretched down. Hands in fists |
| 1 | End pose | Optional arms |

Twisters

Division Requirements

Advanced Novice or Aero Schools Level 4 - suitable for an advanced school-based programme or participants that attend a low-level recreational programme.

Routines

Aero Schools Level 4 resource is available through the Gymnastics Australia Shop

OR the routine below which can be viewed on YouTube - [Aerobics School Festival Routines.](#)

Routines are performed on a 7x7m mat.

Please note the routine should be performed using the whole 7m x 7m square with the gymnast moving forwards, backwards and sideways as well as in straight lines, circles, and diagonals. You may choose whatever directions you choose for the below choreography however the four compulsory push-ups and 4 compulsory leg kicks must be performed side on to the judges and the 4 compulsory jacks must be performed facing the judges.

Bold: difficulty elements

| Twisters performed to “Beautiful” | | |
|-----------------------------------|---|--|
| Counts | Legs and direction | Arms and other notes |
| 1-4 5-6 7 8 | Hold start pose Hip swivel to each side Squat in (jump in feet together knees slightly bent) Jump out on toes with hip out (one toe/leg slight turned to the side to accommodate the hip jutting out) | Arms up swing to each side Forearms together in front of head One arm up on hip |
| 1-4 5-6 7-8 | Side leg flicks x 2 (bend knee out to the side with pointed toe behind knee of opposite leg and kick out to the side, then swap legs) Knee x2 Step, knee hop | Hands clasped together, in and out on each fly Arm up in Latin hands, arms down in stop hands Arms crossed in front of chest, one arm up in point the other on hip |
| 1-2 3-4 5-8 | Chasse (side gallop) Turning cat leap Jog x4 | Swing arms in to cross at chest Star hands down by side Arms reach up and down, on last two jogs cross hands to side in fist then to other side in stars (stars = hands are open with the fingers splayed) |
| 1-2 3-4 5-6 7-8 | Jumping jack Jump knees to chest pushing back leg out Lunge on floor Roll to desired press position (legs together for L (pike) or apart for straddle) | Hands on hips Swing arms overhead |
| 1-6 7-8 | Straddle press or L (pike) press (heels on or off) Roll to push up position | Hold for 2 seconds. May have heels on the ground. |
| 1-4 5-8 | Triceps push up (your hands are placed either side of your chest. When you lower your chest to the floor keep your arms parallel to your side and your elbows point straight back – can be done on the knees) Bring legs in then jump to a standing crossed position (one foot/leg in front of the other slightly crouched) | |
| 1-6 7-8 | Vertical split (also known as a ‘needle’) Lunge together | Place hands on the floor either side of foot and perform standing splits. |
| 1-4 5 6-8 | Flick kick x2 Ball change Jog x3 | Fist hands swinging in front Clap hands Star hands in front of head one behind, swap arms, clasp hands in front of chest |
| 1-8 | Spilt leap or Scissor Kick | |
| 1 2-3 4 5-6 7-8 | Lunge Kick x2 Knee Chasse Double hop | Blade hands down by side (hands are straight with fingers closed) Cross arms in front of chest, keep one arm bent in Latin hands and the other up in Latin hand Star hands on top of each other on hip Scissor arms, first fists then to stars Double clap above head |

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| 1-2 3 | Flick kick Ball change | Hands clasped together in and out Keeping hands together, move in circular motion to the side with one elbow out |
| 4-6 7-8 | Step knee hop Jumping jack | swing arms up to L position with Latin hands Hands on hip Hands on hip |
| 1-6 7-8 | Full turn (360) Lunge together | Hands on hip |
| 1-8 | COMPULSORY HIGH LEG KICKS X 4 | Arms to the side with blade hands Minimum level - heels to hip height |
| 1-2 | Knee Together Jog x 2 Double Hop x 2 | Hands down by side in blade Up and down Up and two counts then down in stars for two counts |
| 1-6 7-8 | Jump Full Air Turn Jumping Jack | Hands on hips |
| 1-2 3-4 5-8 | Slide together Up and out on toes (stand shoulder width apart up on the balls of your feet) Twist around to floor and roll to push up position | Swing arms up above your head in star hands Arms up in Latin hands |
| 1-16 | COMPULSORY PUSHUPS X 4 (can be performed on knees) | |
| 1-6 7-8 | Splits or stag sit (half splits) Swing leg around to seated L (pike) position | |
| 1-2 3 4 5-6 7-8 | Knees in kneeling Lunge Knee Flick kick Knee together | Clasp hands together in front of chest Down by side in blade hands, up one arm extended in front and the other bent with elbows touching and Latin hands Arms up palms twisted together, then down by side |
| 1-8 | COMPULSORY JUMPING JACKS X 4 | |
| 1-24 | 24 count of optional choreography | This must be made up of all aerobic steps with no skills and the gymnast must not touch the ground in this phase. |
| 1-4 5-6 7-8 | Jog x 2 Chasse (side gallop) Side leg flick (bend knee out to the side with pointed toe behind knee of opposite leg and kick out to the side) | Arms clasped together at chest; star hands slide up torso Shimmy Arms crossed in front of chest, then out in Latin hands |
| 1-6 7-8 | Tuck or tuck ½ turn Jumping jack | |
| 1-4 5-6 7-8 | Double hop Forward chasse Jog x2 | Arms up, arms down One hand on hip the other swing around Punch down x2 (hands in fists) |
| 1-4 5-6 7-8 | Flick kick x2 Knee together Squat | Counts 1 - Hands clasped behind head 2 horizontally out in blades 3 clasped in front of chest in and 4 punch out Arms down by sides in blade Body roll |
| 1 | End pose | |

Open Novice

Division Requirements

Aero Schools Level 5 and Gymnastics NZ Competitive Gymnasts inclusive.

Also suitable for participants who:

- train higher level recreational gymnastics such as GfA Level 4+ (Excel/Squad)
- competitive rhythmic, artistic, trampoline, tumbling, parkour
- acrobatic dance or cheerleading

Routines

Aero Schools Level 5 this resource is available through the Gymnastics Australia Shop

OR the routine below which can be viewed on YouTube - [Aerobics Open Novice Routine](#).

Routines are performed on a 7x7m mat

Note 1: the routine should be performed using the whole 7m x 7m square with the gymnast moving forwards, backwards and sideways as well as in straight lines, circles, and diagonals. You may choose whatever directions you choose for the below choreography however the four compulsory push-ups and four compulsory leg kicks must be performed side on to the judges and the four compulsory jacks must be performed facing the judges.

Note 2: in the Open Novice routine below difficulty elements say “up to 0.4” which refers to the value given to a skill in the FIG Aerobic Code of Points. To see which skills, count within the up to 0.4 value see the relevant element in the difficulty tables (2022-2024) [HERE](#).

Note 3: where there is a discrepancy between the written choreography and the routine videos the routine video will be the correct version.

Bold – Difficulty elements

| 2019 Open Novice – On the Floor | | |
|--|---|---|
| Counts | Legs and direction | Arms and other notes |
| 1-8 | Start Pose | Optional start pose and choreography down into first element |
| 1-8 | Support Family Element up to 0.4 difficulty (i.e., L hold or straddle hold) | Optional arms/optional transition to suit element or choreography in and out |
| 1 2-4 5-6 7-8 | Roll over to tuck knees and feet under Place weight on arms to kick straddle legs off floor Land back on floor with one leg tucked under Rise and spin around to stand | Hands flat on floor Arms spin around to pose *Ensure torso is not vertical during any part of the transition as it will then become a prohibited move (i.e., Handstand) |
| 1-2 3-6 7-8 | Jog, show time Step in front, stag leap, finish with back leg stepping on front Slide together | Fist crossed over at chest, blade flat on forehead with the other arm extended horizontally in blade Arms swing down and around to stars in front of face on stag leap Latin hands with bent elbows, blades on hips |
| 1-2 3-4 5-6 7-8 | Jog, fly Ball change, jog Jog, jog Jack, together | Fists in front of face forearms together (one arm slightly higher than the other), swap with Latin hands Hands interlaced extended horizontally in front of body (palms facing outside), bring interlaced fingers into chest Punch arm to side x 2, other arm star behind head Swing previously punching arm to circle finishing with bent elbow with Latin hand The other arm holds 7 swing star behind back count 8 |
| 1-8 | Any C Family Element up to 0.4 value i.e., 1/1 tuck jump or split leap | Optional Arms / Optional transition to suit element or choreography in and out |
| 1-3 4 5-8 | Lunge, click legs together in air, lunge other side Jog Chasse | Clasp fists above head, stars at chest, stars on thighs Fists crossed at chest Extend arms horizontally to Latin hands |
| 1-6 7-8 | Stag leap** rolling to floor Roll over to Push up position | Optional Arms **Stag Jump – May be done with a bent or straight back leg, however the torso must remain upright and not arched. A stag jump with an arched back will be considered a ring leap – this is a prohibited move. |
| 1-16 | COMPULSORY PUSH-UPS | Difficulty score grading: = Any two-phase push-up with both feet on the floor = Any two-phase push-up with any foot exchange provided one foot remains in the air or on one foot/leg airborne = Any three/four phase push-up with both feet on the floor = Any three/four phase push-up with any foot exchange provided one foot remains in the air or one foot/leg airborne |

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|-----|---|---|
| 1-4 | One-foot spin, straight leg cuts bent leg to flick over | Optional Arms |
| 5-8 | Push-Up Family element – any PU element up to 0.4 | Optional transition to suit element or choreography in and out |
| 1-4 | Push-up Family element continued | Optional transition to suit element or choreography in and out |
| 5-6 | Lunge up | Arms Open in Latin hands |
| 7-8 | Optional Pose, feet together | |
| 1-2 | Double showtime | Hands on shoulders, with alternate shoulder shrug |
| 3-4 | Flick Flick | Circle one blade around head/one under chin, bent elbows with flat blades (palms to roof) |
| 5 | Ball change | Blades clap together above head |
| 6-7 | Jog, jog | Wave star hands on front of face |
| 8 | Showtime | Point one arm above head, point other horizontally |
| 1-4 | Turning Chasse | Swing down and into Latin hands crossed at chest |
| 5-6 | Step together | |
| 7-8 | Genie Jump | Latin hands above head |
| 1-3 | Chasse | Interlaced fingers wave |
| 4 | Step with half turn | One arm half makes full circle to low V, the other arm straight to low V |
| 5-6 | Fan kick inwards | Low V blades |
| 7-8 | Fan kick outwards | Low V Latin hands |
| 1-8 | Any Turn Family element up to 0.4 i.e., 1/1 spin or 2/1 spin | Optional Arms / Optional transition or choreography in and out |
| 1-4 | Swing straight leg in circle whilst other leg lowers to floor | One arm reaches for floor with the other arm in blade |
| 5-8 | Any A or B Family Element (cannot repeat earlier element family) continues | Optional arms / Optional transition in/out |
| 1-4 | Crouch down, one leg tucked under | |
| 5-6 | Straighten both legs (torso parallel with ground), feet together. | Optional arms |
| 7-8 | OR Optional Choreography Up element | Optional Arms / choreography in and out |
| 1-2 | Flick flick | Clasp hands behind head, arms horizontally out to side with blade hands |
| 3-4 | Cat leap (knees) | |
| 5 | Step | Star hands crossed above head |
| 7-8 | Hop with full turn | Stars at chest Stars sweep down body |
| 1-8 | Any C or D Family Element up to 0.4 (cannot repeat earlier element family) OR Optional choreography | Optional arms / Optional transition to suit element or choreography in and out |

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|--------------------------|---|---|
| 1-8 | COMPULSORY JUMPING JACKS 1-8 Optional Choreography 1-8 Optional Choreography 1-8 Optional Choreography | OPTIONAL ARMS Difficulty score grading = Stationary = Stationary with any (one or more) change(s) to orientation/rotation = Travelling (lateral, forward, backward, diagonal, on any of the four (4) jumping jacks = Travelling (on one (1) or more of the four (4) jumping jacks) Orientation/rotation is defined as a minimum 45 degree turn. |
| 1-2 3-4 5-6 7-8 | Rise onto balls of feet, twist twist Cat leap Jog, jog Jack together | Stars across torso (one on hip, one on shoulder), slide arms across torso to alternate side Sweep hands up and across body to Latin hands straight and in front of body OR Arms roll in front Arms roll in front Stars crossed over at chest, swing inwards to low V blade hands OR blades behind head, stretch arms out to low V blade hands |
| 1-8 | HIGH LEG KICKS | OPTIONAL ARMS |
| 1-8 | Any C or D Family Element up to 0.4 (cannot repeat earlier element family) OR Optional choreography | Optional arms / Optional transition to suit element or choreography in and out |
| 1-2 3-6 7-8 | Optional choreography to finish | |

**Stag jump – may be done with a bent or straight leg back, however the torso must remain upright and not arched. A stag jump with an arched back will be considered a ring leap – this is a prohibited move.

Open Junior

Division Requirements

Gymnastics NZ National Programme Level 6-7.

Routines

- Perform 1 aerobics routine
- Routines are performed on a 7x7m mat

Refer to the current NZ Aerobics Technical Handbook (through your Gymnastics NZ club) for routine requirements.

Open Senior

Division Requirements

Gymnastics NZ National Programme Level 8.

Routines

- Perform 1 aerobics routine
- Routines are performed on a 7x7m mat

Refer to the current NZ Aerobics Technical Handbook (through your Gymnastics NZ club) for routine requirements.

Aerobics Group Performance

Open

Requirements

Schools may enter up to 2 teams.

Refer to the [AIMS Games Aerobics Performance Group Choreography Information](#) for all other group performance requirements.

